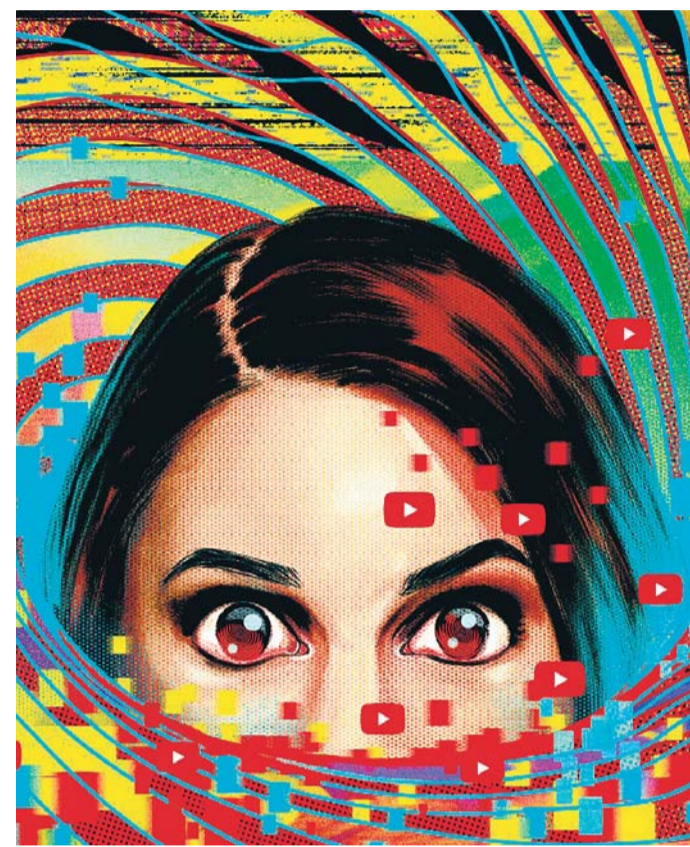


#TECH-HOOK

Binge-watching on YouTube?

Follow these YouTube tips and tricks to enhance your viewing experience.



Arguably, YouTube is the biggest video-sharing platform in the world today. Over the years, the Google-owned platform has witnessed a rapid rise in the number of content creators. While users enjoy a variety of video content, content creators get the opportunity to monetise their efforts. In case you are a YouTube binge-watcher, here is how you can improve your video-watching experience.



YouTube Premium Subscription

If you spend hours on YouTube every day, getting a YouTube Premium subscription will elevate your viewing experience. YouTube Premium offers not only ad-free video streaming, but also features like picture-in-picture mode, allowing users to watch videos while multitasking. Similarly, you can also

play just the audio in the background with the YouTube Premium subscription. Right now, the monthly YouTube subscription plan costs Rs. 139 while the annual plan costs Rs. 1,290. If you are trying Premium for the first time, YouTube will offer at least one month of free subscription for most users.

Enable Data Saver Mode

If you watch YouTube on a mobile data, enabling data saver mode could help you watch a lot of videos with limited data usage. Go to settings > data saving and enable data-saving mode to reduce data usage by YouTube. Note that enabling this option will reduce the video streaming quality to 360p, and you won't be able to manually change the video resolution.

Enable Higher Picture Quality

If you want to get the best streaming experience on YouTube, you should enable a higher picture quality option. Make sure to enable the same for both mobile and

Wi-Fi data to enjoy high-quality video streaming on YouTube. Again, if you have a slower internet speed, videos could take a few seconds to buffer and load.

Disable Autoplay

If the YouTube app automatically starts playing videos as soon as you open the app, the autoplay on YouTube is enabled. Disabling this feature will stop this from happening and will also help you save some data in the long run.



Booster being caught by ChopSticks.

It has happened, dammit!

PART:3



Sanjeev Sharma, and his team at Space X, spent hours preparing for the launch that has taken the world by storm. They have spent hours in going through every little detail of the launch. But even today, weeks after a successful launch, he is still in a state of disbelief and wonders 'did it really happen?'



Shailaza Singh
Published Author,
Poet and a YouTuber

What was your feeling when you saw that rocket booster come back?

When you work on a project and you know all the possibilities of outcomes and you play that in your mind, I think for the last two months, all of us have been constantly playing everything in our minds with paranoia. But once you see that happen in front of you, it is something else. I've been to the site several times, so, I know the scale of things that we're talking about. It's not just a video for me. So, once that happens in front of you and you're watching, it almost, sort of, becomes an out-of-body experience. Yeah, I'm not even aware of myself. I'm just looking at that thing. And it's just a brain trying to figure out what's going on. What's going to happen next? Is it good? Is it bad? That's all that's going on at that moment.



Sanjeev Sharma with his wife and son in Hawaii.

Your whole being is just logged into that and watching it intently. So that was, kind of like, it just consumes you completely. And then once that happens, it's like for days it felt as if we were high. It's impossible to even get to a normal soon. Yeah, the first thought is disbelief and thank God. That's kind of the first thought. I'm still not on a nominal plane, even after so many days of this happening. I still have to pinch myself when I wake up and say, this already happened.

Engineering is all about, if it's permitted by physics and you design it well, and you want to make it happen, you will make it happen. I always tell young engineers that the job of an engineer is not to throw spaghetti at a wall and see what works. A lot of people think that's what we mean when we say it's an iterative process. That's not what it means. What it means is to look at all the factors, design everything, have an expectation of it working, that's far higher than just 50-50, and then, leave it up to nature because you always learn something new when you're doing something that revolutionary. But that's where we are with a lot of these things. Success is not the default option. It's one of the options. But you feel confident that there is a chance of success by the time you finish the process. It is difficult for you at the very

#SANJEEV SHARMA



At a Robotics event in the US.

beginning, it feels impossible, and it feels like crazy to even try and do this. As you progress along and find paths ahead, by the end you get to a point, you get to a point where you feel that success is one of the major probabilities. Especially things like if you're designing a bridge, you should know before the bridge gets inaugurated and open for public use that this bridge is going to be able to last for 20-25 years, take all of these service loads that it's designed to. It should not be a guess. Engineering is not a guess, it's designed by intention. When you're pushing the boundaries, there's always room for failure. You have to leave room for failure. But success is one of the major probabilities. So, you should try to get to that place before you finish your design.

These days, design is coming up in India in a big way. What do you think about that?

Yeah, I think design is where everything starts. It doesn't stop there, but everything starts there. If you have a good design,

it's like changing wheels on a moving car. So, I think innovation exists in every block of this value chain, but it starts with design. So, I wouldn't downplay the role of design, because once you design something that's ineffective, no matter how good of a delivery system you have, or how good of a manufacturing system you have, it will never withstand competition. So, design is very critical, but it's not the only thing.

whether it's a product or it's, you know, just a commercial everyday stuff or service or a phone app, you have UI, UX designers for phones, etc. So, there's a lot of emphasis here in the US on design because everything starts from there. If I were to, kind of, step back and look at it, I think the over-emphasis on design in the US is almost a fault because right now, you speak of, you know, that India is, kind of, wak-

ing up to design, whereas the US has over-emphasized design and under-emphasized manufacturing and operations.

Do you think that's a good thing or a bad thing?

I think that's a bad thing because what we've become is that we design chips, everything from chips to products, everyday products, maybe, clothing and everything, we design that in the US and get it manufactured elsewhere. In China, in Vietnam or even India. But as an engineer, I see the value chain from design to delivery to the end customer as being one flow of value. And as a country, we cannot lose our strengths in any way through this value chain, whether it's manufacturing, whether it's operations, everywhere you see, everywhere you look at, you have tremendous room for innovation, for inven-

Wales International Film Festival

The Wales International Film Festival is a vibrant celebration of filmmaking held annually in Neath, Wales. This festival brings together filmmakers, directors, and animators from around the globe, showcasing a wide range of talent. The Wales International Film Festival is important because it highlights Wales's cultural richness and filmmaking talent. It also offers international exposure to local filmmakers, contributing to the global film industry. The festival's inclusive nature encourages diverse voices and perspectives, ensuring a dynamic and engaging experience for all participants.



Sanjeev Sharma at the launch site.

tion, for insight, for growth. Like I'm saying, I worked on, in the company Seagate, I worked on products that were, or equipment that was used for the manufacture of hard drives. And through our work, we could improve productivity by 40% and improve capability at the same time.

It's like changing wheels on a moving car. So, I think innovation exists in every block of this value chain, but it starts with design. So, I wouldn't downplay the role of design, because once you design something that's ineffective, no matter how good of a delivery system you have, or how good of a manufacturing system you have, it will never withstand competition. So, design is very critical, but it's not the only thing.

What is a typical day in your life?

I'm an early riser, so, I normally get up at about 5.30 to 6. And usually catch up on the last day's happenings. I have this habit of just following world events and what that means, pondering and following technology. So, I catch up on that kind of media feed. I'm very, I'd say, a voracious YouTube consumer. I find YouTube to be a very good tool to search and find things and kind of subscribe to channels, etc. I like that mode of content delivery. So, yeah, it used to be newspapers once, but now it's YouTube. So,

that's what my morning's about and then, I try to get to work. And usually, we have long working hours.

What time do you get to work?

At about 9.30. It's just very flexible in the US, especially after COVID. We do have expectations or requirements of a time that you have to overlap with your team. And companies like SpaceX and now, I guess, almost all companies are back with a policy of being on-site in the presence of your team. I like that because I've always worked in hardware development. And it's very different from software. In hardware development, if you're not close to your colleagues, who are also doing the same development project, and if you're not close to the hardware, you lose a lot of insight. So, I like working in teams on-site in the office. So, I work from 9.30 to, maybe, 6.30 or 7.00. And then, drive back.

How long does it take you to drive?

Well, LA is one of the worst areas for traffic congestion. Luckily, I take only about 35 minutes in the traffic. So, I live close by so that I have to commute less. When I was in the Bay Area, it used to take me one hour.

Concluded.

rajeshsharma1049@gmail.com



SpaceX first booster recovered.

#SELF-CONTROL

10 Golden Rules of Self-Discipline

How we perceive willpower plays a crucial role in our ability to exercise self-control.

Self-discipline is the foundation upon which our dreams are built. This is the quiet force that propels us forward, even when motivation wanes and obstacles arise. This powerful skill has the potential to transform every aspect of our lives, from our careers and relationships to our health and personal growth. In this article, we'll explore ten golden rules of self-discipline, to guide you towards lasting success.



6. Prioritize Rest and Recovery

In our fast-paced world, it's easy to overlook the importance of rest and sleep. However, research indicates that a lack of adequate rest can significantly impair our ability to make sound decisions and exercise self-control. By prioritizing quality sleep and creating a consistent sleep schedule, you allow your mind and body to recharge, ensuring that you have the energy and clarity needed to maintain self-discipline.

7. Become Your Own Cheerleader

The way we talk to ourselves has a profound impact on our ability to exercise self-control. Negative self-talk can erode our motivation and make it harder to stay on track, while positive self-talk can boost our confidence and propel us forward. By practicing positive affirmations and encouraging yourself, you create an inner support system that helps you navigate challenges and stay committed to your goals. Cultivate a compassionate and supportive inner dialogue, and watch your self-discipline flourish.

8. Stay Connected to Your Purpose

When the going gets tough, it's easy to lose sight of the reasons behind our goals. However, research suggests that clearly understanding our motivations can significantly enhance our ability to exercise self-discipline. Take some time to clarify your values and aspirations, and use this clarity as a guiding light when faced with temptation or adversity.

9. Cultivate Mindful Awareness

Mindfulness and meditation practices have gained significant attention in recent years. By incorporating mindfulness exercises or meditation into your daily routine, you can better understand your thoughts, emotions, and impulses, allowing you to respond with greater intention and discipline. Even a few minutes of mindful practice daily can profoundly impact your overall well-being and self-control.

10. Celebrate Your Victories

The path to self-discipline is a journey, and it's essential to recognize and celebrate your progress along the way. Research shows that acknowledging and rewarding small achievements can boost motivation and reinforce positive behaviours. Take the time to celebrate your victories, no matter how small they may seem.

1. Embrace the Power of Your Mindset

How we perceive willpower plays a crucial role in our ability to exercise self-control. While some studies suggest that willpower can be depleted over time, others emphasize the importance of our beliefs about self-discipline. By adopting a growth mindset and

viewing willpower as a skill that can be strengthened through practice, we open ourselves up to the possibility of greater self-control. Embrace the idea that your capacity for self-discipline is not fixed but rather a muscle that can be developed and fortified with consistent effort.

2. Embrace Gradual Progress

When we set out to make significant changes in our lives, it's tempting to dive in headfirst and attempt to overhaul everything immediately. However, research shows that this approach often leads to burnout and failure. Instead, focus on developing one habit at a

time, starting with small, manageable goals and gradually increasing the difficulty as you build momentum. This incremental approach allows you to establish a solid foundation of self-discipline, making it easier to tackle more challenging goals in the future.

3. Craft an Environment That Supports Your Goals

The spaces that we inhabit have a profound impact on our behavior. Designing an environment that aligns with your goals and minimizes distractions creates a powerful ally in your quest for self-discipline. Contemplate your surroundings and identify any temptations or obstacles that might derail your progress. A supportive environment can make the difference between struggle and success.

plined. Contemplate your surroundings and identify any temptations or obstacles that might derail your progress. A supportive environment can make the difference between struggle and success.

4. Plan for Potential Pitfalls

Life is full of unexpected challenges and temptations that can test our self-discipline. Rather than hoping for the best, research suggests that developing specific 'if-then' plans can significantly improve our ability to stay on track. These implementation intentions

act as a roadmap, guiding us through potential obstacles and helping us make the right choices in the moment. Take the time to anticipate the scenarios that might threaten your self-discipline, and create detailed plans for how you'll navigate them.

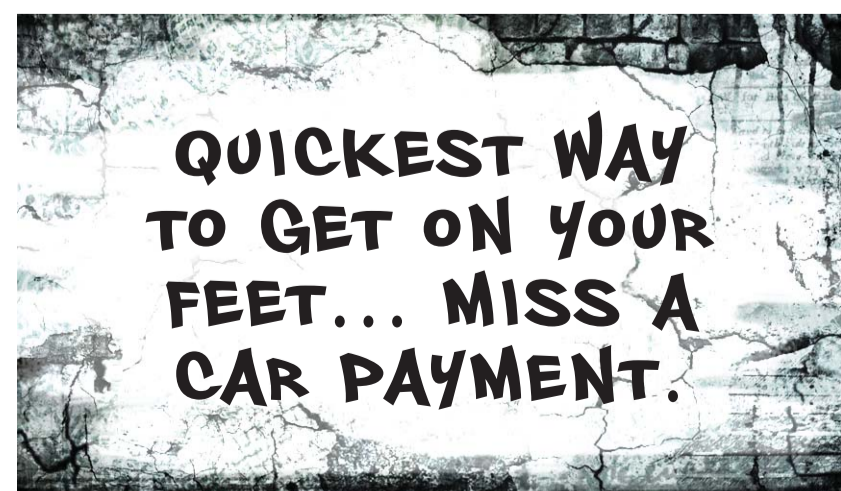
5. Harness the Benefits of Physical Activity

The mind-body connection is a powerful force, and research has consistently shown that regular physical exercise can profoundly impact self-discipline. Engaging in physical activity improves our physical health and strengthens our mental resilience and ability to resist

temptation. Incorporating exercise into your daily routine, even if it's just a short walk or a quick yoga session, can help you build a foundation of self-discipline that extends to every area of your life. Embrace the power of movement and watch as your self-control flourishes.



THE WALL

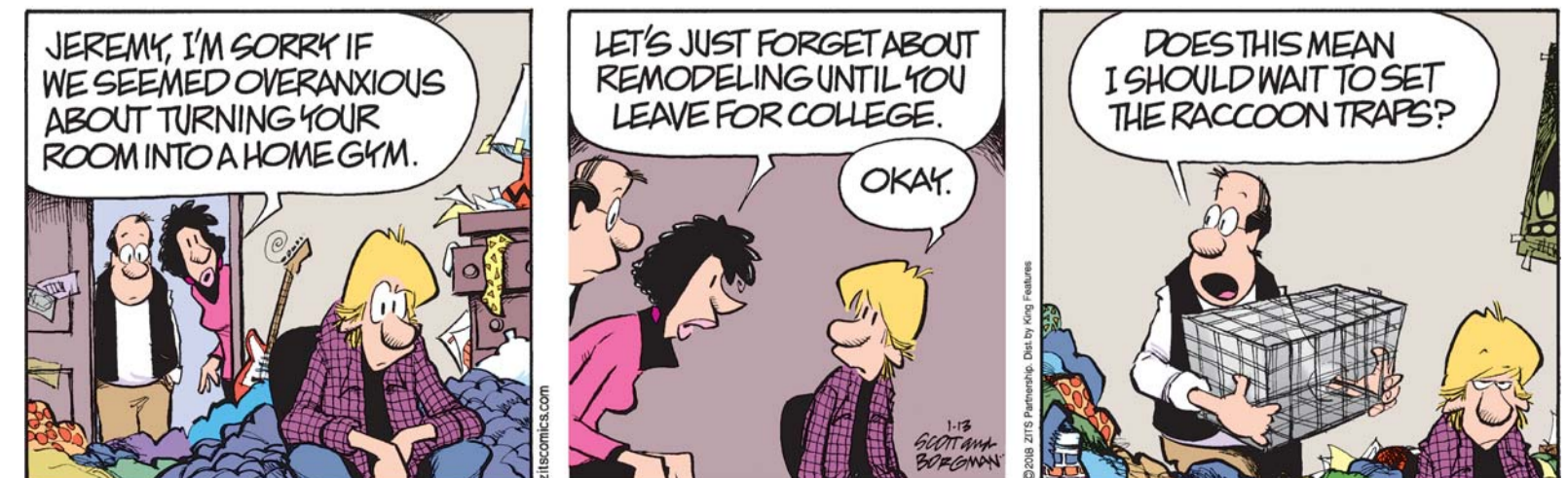


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman